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**SO YOU'VE  
RECENTLY  
SMOKED  
ONE OR TWO  
CIGARETTES**



**THE UNIVERSITY OF PITTSBURGH  
National Smoking Cessation  
Specialist Certification Program**

# SO YOU'VE RECENTLY SMOKED ONE OR TWO CIGARETTES

## What can you do?

- **If you are still smoking, stop.** If you bought a pack of cigarettes and still have some at home, get rid of them before they tempt you again! If someone gave you the cigarettes, make a commitment to yourself not to ask anyone for a cigarette and not to accept one if it's offered to you.
- **Don't panic.** Learn from the situation. Make notes to yourself here :

What was I doing when I smoked? \_\_\_\_\_

\_\_\_\_\_

Where was I? \_\_\_\_\_

\_\_\_\_\_

What was I thinking? \_\_\_\_\_

\_\_\_\_\_

What was I feeling? \_\_\_\_\_

\_\_\_\_\_

Why did I smoke? \_\_\_\_\_

\_\_\_\_\_

- **Plan what you can do differently** next time the same situation arises, or how you can avoid the same situation entirely.
- **Stay positive.** Focus on how long you've been smoke-free!
- **Discuss the slip with a friend.** Talk about how the friend might be able to help you avoid a slip in the future.
- **If you are using a nicotine replacement product, make sure you've been using it according to directions.** Ask your pharmacist if you are not sure.
- **Review your smoking cessation materials** and talk with your pharmacist if you have questions.
- **Remember, if you're on a diet and you eat a piece of cake, that doesn't mean you have to eat the whole cake!** The same applies to smoking. One cigarette here and there does not automatically undo all your good work and turn you back into a full-time smoker!
- **Refocus your efforts.** Renew your desire to quit. Return to what works best for you!

**Hint:** If you are using Nicorette gum, chew a piece instead of having a cigarette the next time you are in the same situation where your last slip occurred.

**Developed in cooperation with Frank Vitale, M.A.  
and the University of Pittsburgh School of Pharmacy**

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